

SAFE LIFTING

1. **CHECK WEIGHT** to see if load can be lifted alone or if help is needed.
2. **STAND CLOSE** to object with feet apart about shoulder width.
3. **SQUAT** down by bending knees.
4. **GRIP WITH HANDS** and pull object close to body.
5. **STRAIGHTEN BACK**, pulling shoulders back, sticking chest out, and tightening stomach muscles.
6. **LIFT WITH LEGS** using thigh muscles. Keep back straight and use smooth movement.
7. **STAND AND WALK STRAIGHT.** To turn, move feet, keeping back straight.
8. **SET LOAD DOWN BY SQUATTING**, reversing movements.

